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of a famous  
'Deathtrap'  
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**Babies and books:**  
The love of reading  
can begin in the cradle

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# TIMES JOURNAL

**Serving Albany - El Cerrito - Kensington - Thousand Oaks**

ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, JANUARY 12, 1983

★ NO. 2

## Getting old and young together

**Cornell kids  
are learning  
about JOY**

By ROBERTA ALEXANDER

LBANY — Not many people over 60 ever cross the threshold of Helen Laird's kindergarten room at Cornell School. And few members of the under-six generation visit the city's senior cen-

ter is just this kind of generational that Project JOY (Joining Older and Younger) hopes to close. The project was approved by the Albany Unified School District last week.

Social worker Hilari Hauptman, project's director, is seeking funding from the state Department of Education, and hopes to have the project underway by March.

"I'm going to assume there will be funding, and set up the first part of the program — the weekly visits — as soon as I can," Hauptman said.

Hauptman said that Project JOY has four components: a curriculum in the process of aging; weekly visits to students in the senior center or a preschool hospital; visits by older adults to the classroom; and a one-on-one penpal program.

Hauptman said the planned curric-



Cornell School principal Jill Rosenquist

— Times Journal photo by Karen Preuss

ulum would include films — such as "Shopping Bag Lady" and "Aging Is" — as well as books and "empathy exercises." These include imagining the loss of different senses and practicing with a wheelchair and walker. She does not see the program as an "extra" added on to existing curricula, but rather as an integral part of a youngster's education. Possible classroom activities include creating a bulletin board, looking at role models of older adults on television, discussing health and writing stories.

"We will be emphasizing basic skills," she said. "The older adults we bring into the classroom will be working with children with learning disabilities as well as with other children."

The same point was made by Cornell School principal Jill Rosenquist.

"I see this project as tied in with existing lesson plans," she said. "Children in kindergarten study the community and the people in the community, so visiting older people is part of that."

Rosenquist went on to explain that various "language experiences," such as learning new vocabulary and creating stories, would follow the field trips.

Project JOY is not just for kindergartners, and a Cornell fifth grade class is also likely to participate, Rosenquist said. Those students would be able to write independent reports

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## Pension fund: gloom & doom

**Albany in 'far more trouble  
than we ever imagined'**

By JUDY POLUMBAUM

LBANY — Citizens studying Albany's ailing pension system raised the spectre of municipal bankruptcy Monday as they urged the City Council to take decisive steps toward reforming the system.

It was the strongest warning to date of the problems that could lie ahead as pension funds shrink and obligations to present and future retirees from the Fire and Police Departments grow.

The most alarming statements Monday came from Pension Advisory Committee member James Cleveland, who told the council during a discussion session prior to the regular weekly council meeting: "We are in

far more serious trouble than we have ever imagined."

Cleveland said his own study indicates that even if the city relied totally on taxes to finance pension payments over the next 10 years while allowing pension fund assets to build up, the problem would continue to worsen.

According to Cleveland's calculations, the city would have to raise \$7.4 million in taxes over the 10 years to make payments to pensioners if it wanted to allow pension fund assets to grow through investment.

But during the same period, the pension system's "unfunded liability" — future pension obligations which the city lacks the funds to meet — would increase by about 150 percent.

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## RUSD rules for the long-winded

By BARBARA ERICKSON

Richmond Unified School District board members, weary of long-spun speeches from the audience, have attempted to cure the problem with an official three-minute rule.

The panel unanimously adopted the new board meeting policy on Jan. 5. It limits speakers to three minutes on regular agenda items and five minutes on oral communications, a period at the end of the meeting when members of the audience can talk on non-agenda issues.

The vote came over the objections of Elaine Kowall, a parent of two handicapped children, who said the rule limits the constitutional right to free speech.

"You're telling us, the people who elect you...how long we can talk?" she said. "No way." Kowall threatened to take the issue to court.

The new board policies revive an unofficial but traditional practice. In the past the board limited speeches to three minutes and timed the speakers with a device like a traffic signal.

The device had red, yellow and green lights to indicate how much time had passed. George Blumenson, former public information officer, inherited the signal when he retired last summer.

The recent vote also sets a deadline of five working days preceding the board meeting for requests to place an item on the agenda. Requests must be made with written summaries.

Each school site will post the agendas on the Monday before the regular Wednesday meeting, according to the new policy, and the board will meet the first four Wednesdays of each month September through May, except for days when school is not in session.

## High praise for Albany police

By JUDY POLUMBAUM

LBANY — In a glowing letter to Albany's chief of police, a Berkeley police officer has commended three Albany policemen for their handling of a young man under the influence of a hallucinogenic drug.

Officer Charles Gibson, a relative of the 22-year-old who was arrested on Jan. 2, wrote that the Albany officers — Robert Christianson, Oren Hill and Christopher Bushby — used "good judgement, compassion and the code of professional ethics" in the incident.

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## Bookshelf

Start reading while  
they're in the cradle

*Bookshelf* is a new column featuring articles written by members of the staffs. This week's column is by Kathy Hill, children's librarian, who has been on loan to the Albany Library from the Pleasanton Library for the past three months.

By KATHY HILL

Are you still looking for a really worthwhile New Year's resolution? For parents and others who work with children, why not make a habit of reading aloud to your children every day?

It might be the advice of Jim Trelease, the author of "The Read-Aloud Handbook," 1982. Penguin

Trelease is quick to point out that adults we get so caught up in teaching children how to read, forget to teach them to want to read.

You won't find discussions of vowel sounds here. The concern itself only with the art of reading.

The author contends that one of the most effective ways to instill the love of reading in children is to read to them on a regular basis. It's

not just the pre-school set that benefits from such exposure. Trelease cautions against the mistake of ceasing to read to children once they have learned to read for themselves. The important thing to keep in mind is to select books that are appropriate to your child's age.

More than half of "The Read-Aloud Handbook" is devoted to a useful guide to more than 300 surefire read-aloud books. Trelease's arguments for the value and importance of reading aloud are sound and his enthusiasm is nothing short of contagious.

Now you're convinced of the value and benefits and are firmly resolved to make reading aloud to your children a part of your daily routine. While "The Read-Aloud Handbook" is an excellent jumping off point, the Albany Library has a number of other fine titles to help you make your way in selecting books appropriate for the reading aloud.

"Babies Need Books," by Dorothy Butler (1980, Atheneum) is a wonderful guide, full of suggestions and ideas for sharing books with children

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## Running for president in 2000

His platform: globally conscious, humanitarian

By PATRICK KEEFE

LBANY — Dr. Larry Holden is worried about the future of the planet and the human race, but says there still is time to save them.

That's why he's beginning his campaign for the U.S. presidency early. He'll run in the year 2000.

Meanwhile, Holden has been traveling around the West, trying to drum up support for his fledgling Human Party. He wants his campaign to bring together groups that champion different conservationist, humanitarian and spiritual causes into a powerful constituency he hopes will prevent planetary pollution, international war and economic collapse.

Holden made a campaign stop in the Bay Area this week and stayed with friends in Albany while he set up interviews with regional media.

"The consciousness of the American people is not as broad as it should be," he said. "We need to look at the greed and fatalism within ourselves. We need a transformation of consciousness."

Holden says humanity has two choices. One is to annihilate totally

the planet through continued exploitation of its resources, pollution, economic chaos or nuclear war. The other choice, which he espouses, is to create a new global consciousness, foster stewardship of the earth, halt the arms race and elect people to government office who will work for "the best interests of the human race."

"(President) Carter had a start on this process," he said. "He saw totalities and was a humanitarian, but special interest groups and partisan causes bisected it and rendered it ineffective."

"I'd like to create a climate which would allow us to back off from the arms race. I'd like to replace the whole government with a new mentality. You can't separate spirit from politics, and I don't mean just going to church. We have to get people into government who really care about people, from the heart. My vision is to get good, caring, humanitarian people into office."

"People will not come together until they give up the things that divide them. The politicians won't do this, so a whole new party needs to be created.

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— Times Journal photo by Karen Preuss

Dr. Larry Holden of the Human Party

**Bookshelf**

# Instilling love of reading

(Continued from Page 1)

from the very first months of babyhood.

"Raising Readers: A Guide to Sharing Literature with Young Children" (1980, Walker Press), was put together by a committee of the National Council of Teachers of English. It also offers a lot of practical and imaginative suggestions for exposing children to literature.

"Choosing Books for Children: A Commonsense Guide," by Betsy Hearne (1981, Delacorte) is an upbeat and very readable guide to children's books, which emphasizes the importance of selecting the right book for the right child.

Of course, each of these titles offers its own unique suggestions for sharing literature with children. The point of view held in common by all of these books is that reading should be looked upon as something enjoyable rather than as a chore.

It is largely up to the adult in a child's life to set an example and

provide the child with exposure to the pleasures of books and reading. As Jim Trelease so eloquently states, "The child who is unaware of the riches of literature certainly can have no desire for them." Reading aloud to a child every day is an excellent way to create that desire.

While the Albany Library has a number of books filled with ideas and suggestions to insure inspired reading choices, the library has another important resource that should not be overlooked: the children's librarian. Besides being a lot of fun at cocktail parties, librarians are always happy to offer suggestions and provide reading guidance.

A typical question asked of a children's librarian goes something like this, "I just read 'Tom's Midnight Garden' and really loved it. Do you have any other books just like it?"

Ever anxious to match the right child with the right book, children's librarians try to read as widely as

possible to be able to do justice to questions such as these. If you thought that the only books in the children's section of the library were of the Nancy Drew-Hardy Boys ilk, you might be pleasantly surprised at the richness and variety of children's read-aloud titles.

Available to look at at the library are lists of tried and true read-aloud titles. Compiled by children's librarians, these include such favorites as "Mr. Popper's Penguins" by Richard Atwater, "James and the Giant Peach," by Roald Dahl, and "My Father's Dragon" by Ruth Gannett for younger children ages seven to nine years old, and "Mrs. Frisby and the Rats of NIMH," by Robert O'Brien, "Twenty-one Balloons," by William Pene-DuBois and "Wrinkle in Time," by Madeline L'Engle, for older, more experienced listeners.

Fortunately, as far as New Year's resolutions go, reading aloud to your children every day should fit perfectly in the "easy to keep" category.

# Presidential candidate begins 17 years early

(Continued from Page 1)

"This campaign is coming at a perfect time. People are responding to it. If we had 200 or 300 people running for office all over the country on humanitarian platforms, it wouldn't matter whether they won or lost, because their mere presence would change things. I'm sowing seeds right now. By 1998, I think we might have two or three people from the Human Party in Congress."

Holden, 39, a native of Pennsylvania, has never held an elective or appointive office. He earned a doctorate in leadership and human behavior in 1971 from the United States International University in San Diego. Since then he has been on the faculties of colleges and universities in Georgia, Wisconsin and Minnesota.

He said he has given more than 900 lectures, seminars and workshops in the past 11 years on the need for "human and social transformation."

He was living in Asheville, North Carolina, when he began his campaign in May. He packed up his 1970 Dodge Dart, put what little money he had in his pocket and headed West.

His first stops were in Colorado. From there he traveled to the Pacific Northwest and has been working his way south from Seattle. He says he is so short of money that he expected to camp out a lot on the way down the coast. But because of the kindness of strangers and acquaintances, he has had to pitch his tent only twice.

The idea for the campaign came to him "spontaneously" on Nov. 7, 1981, when he was listening to a talk on the transformation of consciousness, he said. After a personal discussion with the speaker, he said he decided what he wanted to do.

"I'm nobody special. My insights into humanitarianism are received by many different people in different walks of life. I try to stay away from identifying with the human potential movement or the New Age people. I just care about human beings and I thought the presidency would be the right way to draw attention to what I was saying."

"It could be my destiny, but I'm not trying to be mystical about this."

"People say I'm unrealistic or visionary, but I think I'm in touch with reality. I want a strong nation, inwardly speaking. We don't need all of these nuclear weapons."

"If we turned our own weapons on ourselves, we could kill Russia with just the fallout."

Holden says his Human Party would work on the principle of "I win, you win," and would work to elect candidates on the basis of "character and integrity, not charisma."

"Let's build a right foundation and bring an inner dimension to politics."

He said that in order for the country to change, people must change themselves. He said that materialism stops people from feeling what is happening in the rest of the world.

"We're too comfortable; the many things that put people there's a crisis going on. One may wake up to see that an alternative but to care."

Other factors that stop people thinking globally about Holden are things like "people's minds, like and organized religion."

"Do we put all of our rituals, reading the Bible — year-old document — Jesus Christ, or do we live what Christ taught us?"

During his brief stay here, Holden has been interviewed by several major newspapers in the state. He said that's gratifying because large papers in other areas paid attention to him.

His next stops are San Jose and Monterey, with planned in southern California.

And while he's pleased with the enthusiasm of people in northern California, Holden really wants to go to the South.

"A young guy just called from San Francisco. He'd seen the Examiner and wanted to mail a check for \$50. It's a good call. I'm down to my last dollar."

For more information on the Human Party, write Holden's Campaign for Human Unity, P.O. Box 827, Ashland, 28802.

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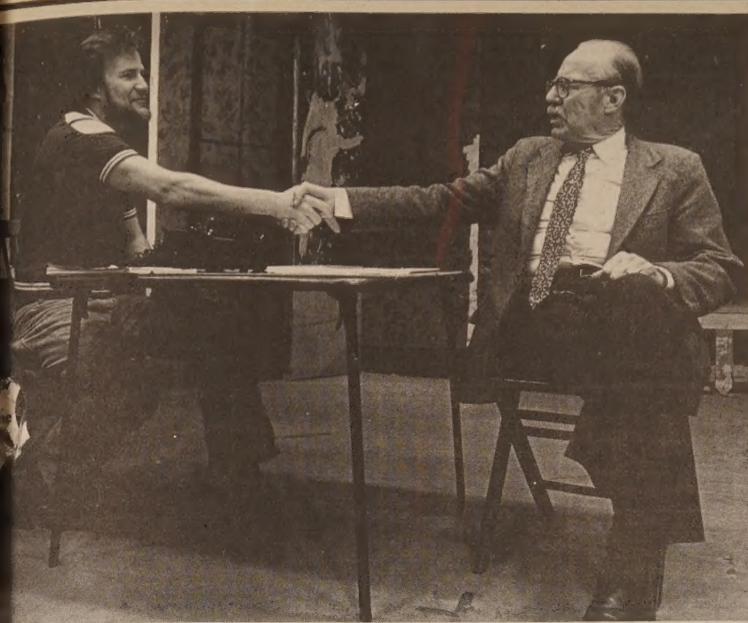
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— Photo by Michael Russell

Kurt Schweickhardt (left) and Louis Flynn rehearse at CCCT

## CCCT slates premiere of Levin's 'Deathtrap'

**E**L CERRITO — Ira Levin's comedy chiller, "Deathtrap," makes its Bay Area premiere at the Contra Costa Civic Theatre, 8:30 p.m. Friday, Jan. 13. It stars Louis Flynn, Theo Collins, Kurt Schweickhardt, Pat Parker and Louis Capeluto, all well known performers who have played starring roles in past CCCT productions.

El Cerrito's Flynn last starred in the CCCT production "Tribute" and has been executive director of CCCT for years. Collins, a Kensington resident, directed "Life of a Father" for CCCT and was last seen in "The Time of Cuckoo." She also directs for the Masquers in Point Richmond. Richmond's Schweickhardt had his last leading role as Dan Packard in CCCT's "Dinner at Eight." He has

starred in many stage and television productions. Pat Parker of Oakland was "Mama Rose" in CCCT's "Gypsy." Capeluto of Richmond is a CCCT veteran and has appeared in many shows including "Harvey," "Orchid Sandwich" and "Guys and Dolls." He has directed and acted throughout the Bay Area.

Set design is the work of Matt Flynn. Kimberly Mayer is costumier, Katherine Krieger is stage manager and Ann McDowell designed the complex lighting effects. Producer is Louis Flynn.

Curtain time is 8:30 p.m. Fridays and Saturdays through Feb. 26 only. Reservations: 524-9132. The theatre is located at the corner of Moeser Lane and Pomona Avenue, El Cerrito.

## Schools

### Albany board approves new MacGregor HS curriculum

By ROBERTA ALEXANDER

**L**BANY — The Board of Education got the new year off to a good start by approving a course of study for MacGregor High School.

MacGregor, a continuation high school, opened its last year. Its student body consists of students who are having difficulty functioning in the regular high school environment.

MacGregor's curriculum, while less extensive than offered at Albany High School, is compatible with it. Students may transfer between schools without loss of credit.

### Inexpensive tests aid self-health care

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Get 31 blood tests (cholesterol, triglycerides, liver function and anemia), urine test, blood pressure, lung function and T.B., all for \$35, plus a \$10 first time use fee. Results of all tests are returned to participants during education session.

These services are offered by CommonHealthCare, a profit organization dedicated to helping people take charge of their health and to provide tools — testing, education and professional evaluation — to do so.

Most services are offered Thursday, Jan. 12, from 4-6 p.m. and every following third Thursday of the month at Montecito Avenue, Oakland, located off Grand Avenue near Harrison Street. Call 834-9022 for further information and an appointment.

In other business, the board discussed a new cooperative math workshop, run jointly by the high school and UC-Berkeley. Faculty member Uri Treisman and high school vice principal Bruce Jones put together the program.

Treisman is one of the founders of the university's Professional Development Program (PDP), which has been instrumental in raising the academic performance of talented minority and female students. Treisman and his associate Kalyan Culler have received a Ford Foundation grant to establish PDP workshops in a high school setting.

The pilot project will set up two high school math workshops for students in Algebra I and IA who need extra help. The workshops will be led by university PDP students under the director of math department faculty.

Each tutorial will meet for two hours, three times each week, and will attempt to raise academic performance as well as the number of students taking advanced math classes.



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## Briefs

### Higher fees for records announced

New increased fees for certified copies of vital records are in effect, according to the Alameda County Health Care Services Agency. This general fee increase for certified copies of vital records is the first since 1978.

The fee for a certified copy of birth certificate will rise from \$3 to \$8. A certified copy of marriage or death certificate will increase in cost from \$3 to \$4.

1981-1983 birth and death certificates and 1870-1919 birth and death certificates are available at the Office of Vital Registration, Health Care Services Agency, 499 5th Street, Oakland. All other Alameda County vital records are available from the Alameda County Recorder at 1225 Fallon Street, Oakland.

### Help for back pain

**K**ENSINGTON — A workshop to relieve back and neck pain will be given Thursdays at 5:30 p.m. beginning Jan. 13 at Kensington Recreation Center, 59 Arlington Ave.

It includes new methods to take control of pain through proper gentle exercise, breath work, bodily alignment, and relaxation techniques. Class is applicable to all age groups and levels of fitness.

"It will help people gain an understanding of back problems as well as learn ways to move pain free in day-to-day life," says instructor Susan Becker, M.A.

For information call Becker, 525-6134 or drop in Jan. 13.

### School plans crab dinner

The annual crab feed to raise money for Salesian High School is set for Jan. 14 and 15 in the school gym, 2851 Salesian Avenue, Richmond.

On each night a social hour will get underway at 6:30 p.m. and dinner will begin at 8 p.m.

Tickets, at \$14 per person, are available by calling 234-4433 during school hours. For additional information call Linda McCuan at 223-1988 or Sandra Bauer at 222-2736.

### Basketball for women

**A**LBANY — Women's basketball games are played Mondays, 8:30 p.m. at the Albany Community Center Gym.

Everyone is welcome. For information, call Barbara at 428-6563 (days).

## Living alone



Newly widowed persons of all ages may attend a weekly series of discussions. Taught by Beulah Belling, the class covers the grieving process, options for a new life and decision-making. One class, sponsored by the Albany Adult School, will meet at Albany High School, 603 Key Route Blvd., on Tuesday evenings, 7 to 9 p.m. The other, at the Albany Senior Center, 846 Masonic Ave., meets Tuesday mornings, 10 a.m. to noon, starting Jan. 18.

Times Journal photo by Karen Preuss

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**Police beat****ALBANY**

Albany police report the following incidents for the week ending January 9:

January 3

• A Madison Street resident reported the theft of a \$1,350 electric guitar from a downstairs room.

January 4

• Sloan Harrison, 29, of Oakland was arrested on charges of carrying a concealed and loaded firearm after an AC Transit bus driver informed police that he had observed a passenger with a gun.

• A Pinole resident reported the disappearance of all four hubcaps of a Lincoln Continental, a \$200 loss. The theft occurred while the car was parked at the Albany Bowl.

January 5

• A 13-year-old Albany boy who parked a motorbike outside Max's Liquors on San Pablo Avenue found the bike missing when he returned.

January 6

• A security guard at the Liquor Barn on San Pablo Avenue made a citizen's arrest of Horace Banks, 32, of Richmond after allegedly seeing

Banks shoplift a bottle.

• Two 15-year-old girls reported that a man had turned around and exposed himself to them while they were walking along Portland Avenue. The man was described as about 38, with glasses and a short beard and weighing some 200 pounds.

January 7

• A Ventura Avenue resident reported the burglary of a television, video cassette recorder and penny collection. A tv and video cassette recorder had been taken from the same home in November. The thieves this

time gained access by breaking a glass pane in the front door.

• A 15-year-old Albany girl reported that her \$74 black leather boots had been taken from her locker at Albany High School.

January 9

• Lompa Printing on Cleveland Avenue reported the burglary of a microwave oven and IBM typewriter worth a total of \$1,500. The prowler also had pried open a file cabinet and a safe.

• Albany police recorded 20 adult arrests during the week.

**EL CERRITO**

El Cerrito police report the following incidents for the week ending January 9:

January 3

• A clerk at Fox Photo on San Pablo Avenue handed over \$375 to a robber who approached the walkup window, pointed a revolver wrapped in newspaper at her and said, "Gimme money or I'm going to blast your head off."

January 4

• Jovett Jones, 27, of Berkeley was arrested on charges of taking \$35 worth of canned shrimp from Lucky's supermarket in El Cerrito Plaza.

January 5

• Fox Photo was held up again, with another clerk handing over \$105. The robber this time simulated a weapon in his pocket and told the clerk, "Give me the money and nobody gets hurt."

• A household in the 1400 block of Arlington Boulevard reported a burglary of \$3,600 worth of jewels and camera equipment. The burglar gained entry by breaking a basement window.

January 8

• The Mira Vista Country Club reported that vandals had torn a large amount of green with picks and shovels or similar implements. Club estimated it would cost \$600 to repair the area.

• A Stockton Avenue resident reported the burglary of a \$5000 television set, and a Pebble Beach resident reported burglary of an amounting to \$450.

• El Cerrito police recorded adult arrests for the week.

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**PEARS**  
OREGON D'ANJOU  
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**CARROTS**  
1 LB. CELLO BAG  
**23¢**

**TOMATOES**  
VINE-RIPEMED  
MED. SIZE  
**59¢**

**SQUASH**  
BANANA - FRESH CUT  
CELLO WRAPPED  
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**d-CON MOUSE-PRUFE**  
69¢ VALUE  
2-OZ. PKG.  
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\$2.49 VALUE  
LB.  
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**SWIFT STEW STARTERS**  
BEEF, CHICKEN  
\$1.97 VALUE  
7.6-OZ.  
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99¢ VALUE  
31-OZ. TIN  
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**TUNA**  
IN OIL OR WATER  
BONNIE HUBBARD CHUNK LITE  
**69¢**

**SYRUP**  
HERSHEY'S CHOCOLATE  
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**1.19**

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8-OZ. UNSALTED  
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# Pot luck with Olga Bier



## Kitchen toys and tools

The holiday sales — both pre and post — have made many kitchen tools easily within the reach of our overstrained budgets. As a longtime holdout when I got around to getting a processor several years ago, I can't imagine how I ever got along without one. That is not to say that it is indispensable. Actually, the lender does many of the same jobs well. But just as a pressure cooker speeded up our kitchen time before the wave, the processor is not really a toy but a time- and very efficient, specialized piece of equipment. It's job well and so fast that we can indulge in more recipes in half the time it would have taken.

Accessories and their many discs and attachments that cooking chores vanish are available anywhere from \$1. My first one cost me \$30 because I got a rebate on it. I let some young people use it to make and they burned out the motor. You just can't add a box of powdered sugar at one time and expect a motor not to labor somewhat.

The important thing to remember — as with any appliance — is to read all the directions and cautions first. Proper use of anything prolongs its life. And especially read the

safety precautions. Anytime you have a whirling blade hooked up to power, the potential for accident is great unless you are well informed in its use. Of course, that steel blade should never be immersed in soapy water and left there to soak. It won't hurt the blade, but whoever washes the dishes may not see it when reaching in the pan.

### Common mistakes

Expecting a processor to chop three green onions or mix a cake doesn't make good sense. It won't substitute for learning to use your knife efficiently or replace the electric mixer for mixing cake batters or whipping cream. But, oh, my, how marvelous it is for making your own pasta dough, shredding those thousands (it seems) of carrots for carrot cake and blending fabulous homemade mayonnaise.

Almost always chop or slice onions with a knife. However, for large quantities, the processor works quite well if you remember to use short bursts rather than a continuous processing. Short bursts are best for foods with a high water content such as onions and celery. Otherwise you may get a

mushy product.

I haven't had good luck with mashed potatoes, either. They end up like glue. You can do much better with a hand masher or your electric mixer.

### Processor specialties

But back to what the processor will do. It's absolutely wonderful for pureeing leftovers or cooked vegetables or use in gravy or as soup. For cheese grating it can't be beat. Just remember to chill the cheese first. The same holds true for grating chocolate.

Whirling dried bread slices around for 10 seconds or so will make marvelous crumbs. Add some fresh (cleaned but dry) parsley at the same time and you'll have a good start on your own stuffing mix or breading material. Mix in some grated Parmesan, paprika, and a few favorite herbs, and prepare a jarful of breading for vegetable fritters. Use sliced zucchini or eggplant; first dip in flour, then egg, then your seasoned crumbs, and they're ready to fry. Really good.

Chopping eggs for sandwiches or egg salad can be done with only 2 to 3 short bursts; so can clean but dry, leafy herbs such as parsley, mint or basil. It only takes 1 or 2 short bursts to chop fleshy fruits such as apricots or peaches (pits removed first, of course). Making orange or grapefruit marmalade? A processor here is quite a labor saver.

And how about shredding all those potatoes for potato pancakes or hash browns? Sunday morning brunches can't hardly do without 'em.

### Treat yourself

Now it's about time you treated yourself to some homemade mayonnaise. It's not hard. Just remember to add the oil very slowly so the mixture thickens properly. Try it and taste how mayonnaise was meant to taste.

### Processor mayonnaise

3 egg yolks (makes a firmer mayo than using the whole egg)

1 t. mustard (use one of your Christmas fancy imports here)

1 T. lemon juice or wine vinegar (sometimes try orange juice for a subtle treat — or herb vinegar)

1 c. oil

Salt and pepper

Using the steel or plastic blade, process egg, mustard, and lemon juice for several seconds to blend well. Then

add the oil very, very slowly, just a few drops at a time to start as the machine continues to whirl. Slowly increase the addition to a thin stream (you are adding through the feed tube). Don't rush this and your mayonnaise will thicken beautifully. Then taste and add the salt and pepper. Makes one cup.

Because we are not using any additives, remember to store in the refrigerator and use up in less than five days. It's not likely to last this long anyway because you'll find many ways to use up this delicious mayonnaise long before five days have gone by.

### Variations:

1. Add 1 to 2 c. of one or a combination of parsley, spinach, or watercress. The leafy greens must be washed but drained and patted very dry in order to process properly. This makes a green mayo that is great on fish or with assorted cold vegetables as a salad.

2. Add 1 T. curry powder and some onion which is cut in chunks before processing. Delicious on chicken.

3. Process as much garlic as you dare first and then proceed to add the egg yolk and make mayonnaise for an aioli dressing for salad greens.

Do you have some left-over baked ham? Try this for a good quick luncheon sandwich:

### Happle burgers

1/2 to 2 c. cooked ham

1 small tart apple

1/2 small onion or several green ones

1 stalk celery

1/2 green pepper

1 T. butter

1 t. mustard

4 T. sour cream or yogurt

Process ham (3 or 4 bursts) and set aside. Process veggies and apple which have been cut in chunks first. Melt butter in skillet and cook apple mixture for several minutes, add the ham and cook 5 minutes more. Use leftover hot dog buns, hamburger buns, English muffins or just plain bread. (Makes 4) Butter and lightly toast under the broiler on a cookie sheet. Pile the ham mixture on the bread and serve open faced if you wish or top it and make a big juicy sandwich. Serve with shredded cabbage (use the slicing attachment instead of the shredder) that has been tossed in French dressing. Nourishing, well balanced, and nice enough to ask a friend over for lunch.

What do you do with your processor that you can't do without? Tell me.

Olga Bier is a teacher, author and home economist. Anyone with questions or suggestions for the column may reach her in care of the Times Journal, 1247 Solano Ave., Albany 94706.

## Senior centers

### ALBANY

The center is at 846 Masonic Ave., 644-8500. Hours: Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and noon-4 p.m.

### Special Events

Talk on dental health, followed by free dental screening, Walter Mann, D.D.S., Monday, Jan. 17, from 1 to 3 p.m.

Podiatry screening, foot exams and consultation (no appointment), Tuesday, Jan. 18, at 8:45 a.m.

A drawing for an afghan and a quilt will be held Monday, Jan. 24, at 3:30 p.m. All proceeds go to the benefit of the Buy Tickets ahead.

Blood pressure clinic, 1-3:30 p.m., Monday, Jan. 24. Senior discount tickets now on sale at the center for Walt Disney's World on Ice, Oakland Coliseum, Friday, Feb. 11, \$14, includes transportation. Meet at the center at 11 a.m. to host lunch.

### Transportation

Call at least one day in advance for reservations for van shopping trips. Wednesday mornings: El Cerrito Friday mornings: Solano Avenue. Requested donation 50 cents per round trip, Albany residents only.

Taxi strip available to Albany residents over age of 60, from \$4-10, depending on annual income. Apply Tuesdays and Saturdays, 10 a.m. to 2 p.m. Persons in wheelchairs may purchase special transportation vouch-

### Classes/Groups

Monday: Across the Generations, 9 a.m.; painting and workshop, 9 a.m.

Tuesday: work and life, 10 a.m.; creative widowhood, with your future, no fee, 10 a.m.; English as a Second Language, 1 p.m.; folk & square dancing basics, all levels, 1 p.m.

Wednesday: current events, 10 a.m.; drama through the Shakespeare, 1 p.m.; Tai Chi, 1:30 p.m.

Thursday: group walking, 10-11 a.m.

Friday: chess group, 10 a.m.; community service, 10 a.m.

Saturday: Modernism in the arts, 10 a.m.

### Social Security

Field representative at the center the third Friday of the month at 3 p.m. to answer questions about Social Security, and Medicare.

### Continuing Events

Barber service, Thursday, 9 a.m. to noon. Donation \$1.

Bingo, Thursday and Saturday, 10:30 a.m.; Singalong, Friday, 11:30 a.m.; Bridge, Friday, noon to 3 p.m. Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Senior prom ballroom dance, Saturdays from 7:30 to 11 p.m.

Donation, \$2.00 (includes refreshments).

### Meals on Wheels

Home delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and delivered at midday by a volunteer driver. Regular, salt and diabetic meals are available. \$12.50 per meal.

To order, please call the center at 644-8500 one week in advance. Coordinator Velma Grasso will make all arrangements.

### Bus Tours

Tours are sponsored by Albany Park and Recreation. Make reservations with Myriam Heath, Tuesday at 1 and Thursday at 10 a.m. at center. Jan. 27 & 28, Reno fighter, double or twin, \$31 per person, single, \$38.

### Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation for seniors is \$1 plus 50 cents; \$3.50 for persons under age 60. Menus are available.

### Walker's Pie Shop & Restaurant

1491 Solano Avenue, Albany 947-4647

### Hot Lunches - Sandwiches

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A Complete Wine and Spirit Store

Party Services & Delivery

Ask About Our Case Discounts

Gift Wrapping

1495 Solano Ave.

Albany, California

525-4606

Jan. 12, corned beef; Jan. 13, chicken; Jan. 14, fish; Jan. 17, dinner fraks; Jan. 18, fish.

### EL CERRITO

#### Open House

Located at 6500 Stockton Ave., behind the library; 526-0124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon.

### Classes

Mondays: 9 a.m., aerobic dance; 10 a.m., T'ai Chi; 1 p.m., bridge.

Tuesdays: 9:30 and 10:15 a.m., fitness; 1 p.m., grocery bingo.

Wednesdays: 9:30 a.m., mild exercise; 10:30 a.m., needlework; 12:30, knitting; 1 p.m. bridge.

Thursdays: 9:30 and 10:15 a.m., fitness; 10 a.m., Spanish conversation

Fridays: 9 a.m. to noon, barber; 9:30 a.m., fitness; cash bingo, 1:30-3 p.m.

### Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Ave. at Stockton.

Craft classes (pressed flower stationery, macrame, jewelry, weaving) are taught in the morning. \$5 lunch at noon. Afternoon program of information, speakers, community singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

### St. John's Center

For El Cerrito residents 60 or over. Meets in the Catacombs Building, 6510 Gladys St., Tuesdays from 9 a.m.-2 p.m. Phone Tuesday only, 234-2797 or center director N. Gans at 529-1114.

(Continued on Page 7)

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El Cerrito 620-9557 RIGHT TO LIMIT

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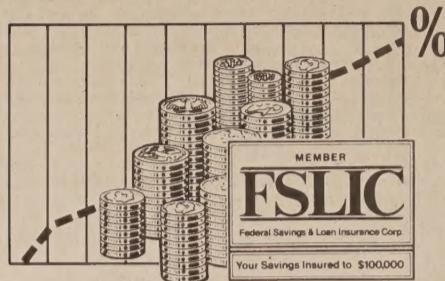
New Hours: Mon.-Sat. 8 a.m.-7 p.m., Sun. 8:30-3 p.m.

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**COFFEE** \$4.49

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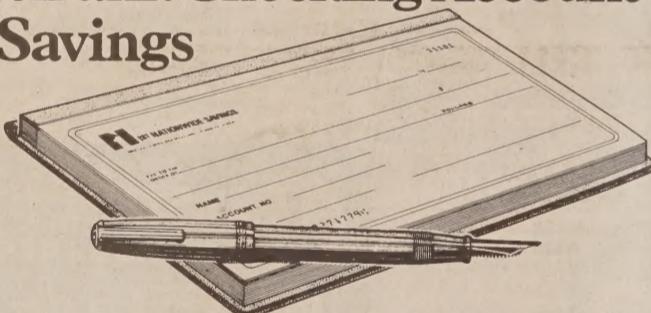
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### High Money Market Rates...Total Checking Convenience

Every dollar in your Insured Market Rate Checking Account earns high money market interest.\* While rates will change with time, you can count on 1st Nationwide Savings for consistently high rates. Since May, when we introduced Market Reserve

Checking, we have paid an average rate of 12% which is above the average of all money funds for the same period. You can write all the checks you want, for any amount you want, anytime you want.

### Fully Insured to \$100,000

Unlike the *uninsured* money funds, every dollar in your Insured Market Rate Checking Account is fully insured by the Federal Savings and Loan Insurance Corporation, an agency of the U.S. government.

You can open Insured Market Rate Checking for as little as \$2,500. And when you do we'll give you your first 200 personalized checks free. When you maintain a minimum qualifying balance there is no monthly service charge.\*\*

\*When balance drops below \$2,500, you earn 5 1/4%. \*\*Ask for all the details.

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Why should you pay a bank for a VISA Credit Card when 1st Nationwide Savings gives you one free? It's true. When you open either an Insured Money Market Account or Market Reserve Checking we'll give you a VISA Card with no annual fee.\* Does your bank or money fund make the same offer?

\*VISA subject to credit approval



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Every year, qualified customers have enjoyed substantial discounts on income tax preparation. This year, you can, too! It's easy to qualify: discounts as high as 60% are based on your savings account balance with 1st Nationwide Savings. Call today to get all the facts and schedule your private appointment.



# 1ST NATIONWIDE SAVINGS

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**Senior centers**

(Continued from Page 5)

The Center is part of the Richmond Unified School District Education program. 9 a.m., crafts; noon, free lunch; 10 lectures. After lunch, the group has community sing-along exercises and folk dancing until 2 p.m.

**Community Center**

Monday, 6-9 p.m. at El Cerrito Community Center, Moeser Lane. Program: first week, business and bingo; second week, cards and games; third week, potluck; fourth

week, cards and games. If there is a fifth week, special programs. For information call 525-6747.

**Senior Citizens Club**

Meets Thursday, 5-9 p.m. at St. John's Catacombs Hall, Gladys and Lexington Streets.

First Thursday of the month: business and cards; second, bingo; third, birthday observances; fourth, potluck and cards; fifth, special programs. For information: 526-7462.

**Sakura Kai Center**  
For Japanese-speaking senior citizens, first and third Saturdays, 1-3 p.m. at 6510 Stockton St. Arts, crafts, exercises, ceramics, "Shigin" (poetry singing) and Social Security available. For information: William Waki, 525-7086.

**KENSINGTON**

Activity center, Thursday, 9 a.m.-2:30 p.m. at 52 Arlington Ave. Morning meditation. Workshops in crafts, table games and bridge. Special programs after lunch: singing, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item or pay \$1.50. For the rest of the month, lunch of sandwich, cake and coffee is \$7.50.

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Classes in sewing, arthritis exercise, walking, singing, foreign languages, math, chess, senior theater, dancing and current events.

Special events for January include:  
Jan. 18, Venice; Jan. 19, outstanding buildings; and Latin America on Jan. 30.

"Ask the Doctor": Jan. 25, blood pressure checks by public health nurses; Jan. 17, gynecology discussion; and Jan. 25, changes due to aging. Jan. 18, dental health.

Trip to Golden Gate Park, Feb. 24, \$6.75; Sacramento, Mar. 31, \$9.25.

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# Mail bag

## Another view of electroshock

the letter by Howard M. Shrylock published in the Dec. 19 Journal continues points used by the proponents of Measure T in recent Berkeley election which banned electroshock therapy (ECT) in the city. These are arguments which I, and most psychiatrists, feel are

the fact that 39 percent of the voters rejected the measure, despite that of the campaign, is impressive. The statement by the opponents outdo the proponents by 10 percent. An example of their reasoning, since it is the value for "Yes" of many thousands of dollars worth of "free" treatment on the BCA campaign literature which the "No" on "Measure T" campaign could duplicate, given a very small amount.

Such was made in the argument of the so called against Gladman, the hospital to which Mr. Gladman also referred. This has not been a "success" against Gladman in terms of an adverse procedure. Gladman was a member of a group of hospitalised after the unfortunate death of a young man of unrelated causes months after she received ECT at Gladman. It occurred while a patient at another hospital. The case is still in court, but a missed filing resulted in a judgement against Gladman that in no way reflects a finding of the judgement was

## Nukes must go

Periodically I get to read letters to the newspapers by readers of 10 or more who are deeply concerned about an imminent holocaust. Their accounts are so convincing that they must spend hours and hours reading and evaluating the news reports in New York Times, The New Republic, and learned periodicals. Precociously young these, they can have in common with wild-eyed, deeply contrite contemporaries I see at the Albany twisting dials and on the machines of space invaders on screen.

I'm a fence straddler who a foxhole digger I'm all for a mutual non (indeed, eliminating all nuclear weapons). We can't have that in all for a nuclear second to none. I am aware of any acceptable middle ground.

Happy New Year, Stephen Radkey Albany



do not have all the answers to mental illness, nor do the Mental Health Associations, nor does NAPA (Network Against Psychiatric Assault). Berkeley should be proof of the fact that an accepting, tolerant atmosphere does not erase mental illness. It is understandable that people in distress would look to the outside for reasons for that distress, and project their own anguish on to those in the role of the helper.

I do not question the value to some former mental patients of a group such as NAPA, to help provide a focus for their lives. I do protest their assumption that they should be able to decide what is permissible for treatment for other people. Mental illness is too costly and too painful to remove any options for help, for return to functioning and a better life.

Yours truly,  
Eleanor M. Luce, M.D.  
Albany

not why the hospital stopped offering ECT for its patients. Do the anti-ECT activists really feel their end of banning ECT justifies this kind of campaign? It does lead one to question the strength of their argument.

Psychiatrists and other mental health professionals

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Energizer: 9 Volt, 522B0, Each C, E58BP2, 2 Pack  
D, E58BP2, 2 Pack  
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Limit 1 per coupon. One coupon per family please.  
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Pine-Sol Liquid, 28 oz. Great for Holiday Cleaning **\$2.39**

Palmolive Liquid Dish Detergent, 48 oz. **\$2.83**

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Spillmate Chiffon Towels, Roll **.77¢**

Zee Napkins Luns, 100 ct. **.65¢**

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# Churches

## ALBANY Berkeley

### Buddhist Priory

The priory opened recently at 1358 Marin Ave. (near Santa Fe) in Albany. The prior, the Rev. Teigan Stevens, invites the public to attend meditation periods and services Tuesday through Sunday.

Instruction in Soto Zen meditation is offered the first and third Tuesday at 7:30 p.m. Beginner's retreats are held the first Sunday of the month from 9 a.m. to 4 p.m. and includes a vegetarian lunch. Classes in basic Buddhism will be held in the upcoming months. A small gift shop and library also are available. For more details, call 528-2139.

The priory is affiliated with Shasta Abbey, a Zen Buddhist seminary and monastery in Mount Shasta, Calif., founded in 1970 by the Rev. Roshi Jiyu Kennett.

### Word of Faith Church

Word of Faith Church, located at 1206 Lincoln Ave. in Alameda, has home Bible study for the Albany-El Cerrito area. Everyone is welcome.

Study group meets Monday nights in Albany. For information, call Martha Beckhusen, 526-8512 or Pastor Hal Tomlinson, 523-4754.

### Grace Lutheran Church

Sunday, Jan. 16, at 9:30 a.m., the Pastor Emeritus O.R. Janke will deliver his

final message as interim pastor. He will speak on "Hazards to Faithful Discipleship" from Matthew 8:23-34. The Rev. Ralph Moellering will be installed as pastor in a special worship service at 4 p.m.

Bible studies are held in several communities weekly. For more information, call 527-2055 or 757-6426.

Holy communion is administered the second and fourth Sunday of each month.

The following activities are scheduled for Wednesday, Jan. 12: 2:30 p.m. to 3:30 p.m., the children's craft class in the Parish hall;

at 6:30 p.m. the confirmation class will meet in the Parish Hall; and at 7:30 p.m. a special choir rehearsal in the church.

The church is located at Santa Fe and Ward in El Cerrito; phone 525-9004 mornings, or 525-1078 afternoons.

St. Patrick's  
Episcopal Church

The second Sunday after Epiphany will be celebrated with a service of Holy Communion at 9:30 p.m.

Jan. 16. Father Charles Dickey, rector, will be the celebrant at the Eucharist. A laying on of hands will follow in the chapel for those who chose.

Also serving at this service will be: minister of healing, Sheila Schaffer; gospel reader, Patricia Brucker; lessons reader, Meredith Cox; intercessor, Ed Horodko; and chalice bearers, Kathy Cooper and Marilyn Hansen.

A coffee hour and adult class, as well as church

school, follows the service. Child care is provided.

The church is located at Potrero and Everett, El Cerrito

### KENSINGTON Arlington Community Church

A series of talks on peace are being held at the church on Sundays at 11:30 a.m. in the church library. Following Rev. Ken Barnes' discussion of the Biblical perspective on peace on Jan. 9, Caroline Roberts will give

an historical perspective on peace, Jan. 16. Roberts is associate minister at First Congregational Church in Palo Alto and a member of the United Church of Christ, and will speak on "Christian Peacemaking".

On Jan. 23, Eric Moon, of the Ecumenical Peace Institute, will speak on local peace issues.

On Jan. 20 the Kensington Peace Committee will meet at 1:30 in Barnes' home to begin a study of "Waging Peace," a collection on

of articles by Sojourner Truth, ed. by Jim Wallis.

The church is located at 52 Arlington in Kensington, Calif. 94541.

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Association

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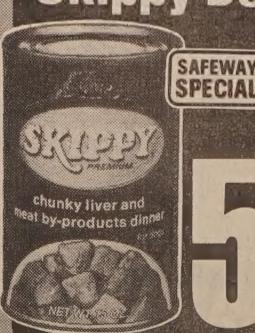
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18 oz. Jar

lb. 178

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Made Exclusively from  
Chuck, Does Not Exceed 26% Fat

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Ground Chuck  
Silvas Linguisa

lb. 279

Pork Tenderloins

lb. 239

Steak-Umm  
Beef Sandwich Steaks, Frozen (24 oz., 4.99) 14 oz. 299

lb. 299

Pork Sausage Links  
Safeway, Frozen 8 oz. 57¢

lb. 88¢

Sliced Beef Liver  
Tender & Juicy, Frozen Fresh Thawed

lb. 88¢

Manor House  
(Jumbo Bologna,  
Sold By the  
Piece, lb., 99¢)

1-lb. 88¢

Water Added

lb. 198

lb. 279

lb. 239

lb. 299

lb. 57¢

lb. 88¢

# Churches

Continued from Page 10)

Lecture at 1:30 p.m. William Schulz of Boston will give the annual Dr. Wilbur Lecture subject, "Toward an Understanding of the Grapes." A discussion will

lecture honors Dr. George Wilbur who for 45 years at the School for the Deaf in Berkeley, and wrote the standard volume "History of Deafism." For 50

years he and his wife were members of this church.

At 9:30 a.m. Sunday there are three adult programs at the church. The Rev. Margo Tyndall is starting a course on Unitarian Universalist history. Dr. Bernard Loomer is leading a personal theology seminar. Attorney Fred Wile is leading the fireside forum discussion on "The Law of the Sea."

On the weekend of Feb. 25, the church will host an "oasis retreat" led by two Zen Buddhists, Blanche

and Lou Hartman. The Hartmans are from the Zen Center in San Francisco. Her mother is a member of the Unitarian Church. The oasis includes four meals. To register send check for \$45 to First Unitarian Church, 1 Lawson Road, Kensington, CA 94707. Participants should bring their own sleeping bags.

Northbrae Community Church On Sunday, Jan. 16, at 11 a.m., the service will feature musical selections

by the Berkeley Symphony Orchestra. Nursery facilities are available on Sundays from 11 to 12:15 p.m. in Haver Hall. A social time follows the service.

Church school classes begin at 11:20 for children age three through junior high. The senior choir will rehearse at 9 in the Chapel. Junior and primary choirs begin rehearsals at 10 a.m.

The Church Council will convene in the parlor at 9:45 a.m.

During January, the Ted Cleveland Gallery on the

second floor of Haver Hall features art from Northbrae's Sunday School with samples of summer projects as well as those done during the school year. The exhibit is open to the public on Sunday mornings.

The community dinner programs resume on Wednesday, Jan. 19, and will feature "Mountains and Monasteries at the Roof of the World," a slide presentation including the Tibetan kingdoms of Bhutan and Ladakh. Doors open at 6; dinner begins at 6:30. Cost is \$3 for adults, \$1.50 for children. Call 526-3805 for reservations.

Northbrae is located at 941 the Alameda. Services are held in the Chapel

directly behind Haver Hall.

Agape Christian Team, Jan. 12-14, from 9 to 2 each day.

The choir, under the direction of Dora Burdick, will sing, "Awake, Awake to Love and Work" (Early American melody.) Following the service, there will be a potluck luncheon followed by the distribution of the church annual report for 1982 and the presentation of the "Projected Program for 1983." Dr. Shen will preach in English and his message will be translated into Mandarin.

On Wednesday, Jan. 19, there will be a family fellowship potluck supper at the church. At 7 p.m. Dr. John Skoglund will speak on his impressions of Hong

Kong. Kid's Club for fourth through eighth graders meets at the church on Fridays from 3 to 5 p.m. for recreation, games, drama and refreshments under the direction of Cedric Broughton and Jim Kenyon. All young people are invited to attend. On Friday evening, Jan. 21, at 7:30 p.m. there will be a Family Film Night at the church.

The church is located at the corner of Colusa, just north of Solano Avenue.

## EAST BAY

### North Congregational Church

"Wonder-Making," based on John 2 will be the theme of the Rev. Bob Graham's message at the 11 a.m. service of worship this Sunday. Assisting will be Bob Young and Debra Smith who will share in the reading of the scriptures and the prayers. Russell Corning and Marion Kieser will be the deacons for the day; John Azer and Wally McMillan will be ushers.

Following the worship service there will be a potluck luncheon in the Fellowship Hall, followed by the annual meeting of the church with vice-moderator Paul Higley.

The adult bible study seminar will begin a new quarter this Sunday with Paul's First Letter to the Corinthians. The group meets in the Babcock Room at 9:30 a.m. with the minister and will have supplemental audio resource materials narrated by Dr. Addison Leitch from Gordon Conwell Seminary.

The Women's Fellowship will install its 1983 officers at the regular monthly meeting this Thursday at 11 a.m. under the leadership of president Emily Gayev. A dessert lunch will follow the installation and then there will be a program of sharing poems, anecdotes, and other features.

The youth fellowship meets in the gym of the church for recreation and fellowship plus refreshments each Saturday at 7:30 p.m. All young people of junior and senior high school age are invited. The church is located at the corner of Cedar and Walnut streets in north Berkeley. For more information, call 848-1201 or 527-3134 (evenings).

## Dancercise set at YMCA

ALBANY — The Albany YMCA now offers noontime aerobic dance-exercise classes Monday and Thursday noon - 1 p.m.

There are also openings for new students in classes on Monday, Wednesday and Friday, 9:30-10:30 a.m.

The classes consist of 15 minutes warm-up to prevent injuries and to stretch muscles. The next 30 minutes consist of continuous aerobic dance routines to music to control weight, with periodic pulse checks. The last 15 minutes are floor routines to cool down, strengthen and tone muscles.

For more information, call the YMCA at 525-1130.

## Assertiveness training set

On Thursday, Jan. 6, the College of Alameda's Displaced Homemaker Center is presenting a workshop entitled "Assertiveness Communication" given by Bea Enright.

It's designed for anyone who would like to examine and improve effectiveness in working and communicating with others.

The workshop will be held from 1-4 p.m. in the Displaced Homemaker Center Lounge of the library. For further information, call 522-7221, ext. 340.

## Tryouts for 'Music Man'

EL CERRITO — The Contra Costa Civic Theatre will hold tryouts for Meredith Wilson's "Music Man" on Sunday, Jan. 16, at 1 p.m. and on Monday, Jan. 17, at 7 p.m. Youngsters will audition on Sunday only.

The part of Professor Harold Hill has been cast. All other parts are open. The musical, directed by Holly Below and Louis Flynn, will open Friday, April 1, for a 10-weekend run through June 4. For information, call 235-0785.

# ITS 68<sup>th</sup> ANNIVERSARY THROUGHOUT THE STORE!

## Russet Potatoes



U.S. #1, Serve them Baked, Boiled, Mashed or Fried

**59¢**  
10-lb. Bag

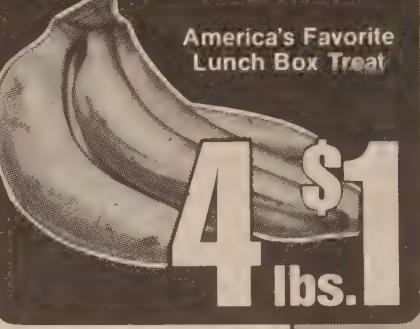
## Yellow Onions



U.S. #1, the Perfect Complement to a Steak and Potato Dinner

**59¢**  
5-lb. Bag

## Fresh Bananas



**\$1**  
4 lbs.

### Royal Mandarins

Sweet & Juicy  
3 lb. Bag

**99¢**

### Fresh Lemons

3 lb. Bag

**\$1.09**

### Kiwi Fruit

1 lb. Bag

**99¢**

Delicately Different

Salad Mix

Ready Pack

**49¢**

### Azalea

8 oz. Bag

**\$3.49**

## Fresh Carrots

for Cooking or Salads

2 lb. Bag

**59¢**

## White Grapefruit

from California

5 lb. Bag

**89¢**

### Pitted Prunes

Town House

**\$1.35**

### Azalea

12 oz. Bag

**69¢**

Garden Fresh Flavor

Garlic

**59¢**

## Fresh Cabbage

Crisp

6 oz. Bag

**25¢**

3 lb. Bag

**59¢**

## Washington Apples



Red Delicious, Extra Large, Extra Fancy

**\$1**  
4 lbs.

## NATURAL FOODS CENTER

### Peanut Clusters

Yogurt

**\$2.97**

lb.

### Country Road

Aloe Vera Moisture Lotion

**\$1.99**

18 oz.

Available at Natural Food Centers only.

### WEIGHT WATCHERS

Ice Milk

**\$1.19**

Lucerne, Half Gallon

Desserts, Black Cherry

Cheesecake, Apple

Cobbler or Carrot

Cake, Frozen, 10.5 oz.

to 12.5 ounces

Entrees, Veal Parmigiana, Ziti Macaroni or

Lasagna, Frozen, 9 oz.

to 12.5 ounces

Tratt, Frozen, 6 ct.

**\$1.19**

Pillsbury Figurines

7.5 oz.

**\$1.89**

### IN-STORE BAKE SHOP

Layer Cakes

**\$3.99**

Buttercream, Large 8 inch Two Layer, all

Chocolate or all White Layer Varieties

ea.

### Danish Pastries

**3 for \$1**

Available at In-Store Bake Shops only.

## Fleischmann's Vodka

80 Proof, 1.75 liter

**\$6.98**

10% Off Case Price Does Not Apply

## Old Calhoun Bourbon

Kentucky Whiskey, 80 Proof, 1.75 liter

**\$8.99**

10% Off Case Price Does Not Apply

## White Varietal Sale

Chenin Blanc, French Colombard or Riesling, 1.5 liter (Buy a Case and save an additional 10%, \$27.00 Per Case)

**2 for \$7**

10% Off Case Price Does Not Apply

Gallo Wines Johannisberg Riesling, Sauvignon Blanc or Gewürztraminer, .75 liter (Buy a Case and save an additional 10%, \$27.00 Per Case)

**2 for \$5**

10% Off Case Price Does Not Apply

10% Case Discount on Wines & Liquors, selected advertised specials excluded! No sales in excess of 20 gallons. No sales for resale. At your licensed Safeway Stores only.

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# C CLASSIFIED

## ADVERTISING

## LOST 040

CAT, 1 1/2 yrs, black/gray male. Flea collar. 151bs Albany area. \$24-4255

LOST 4 yr old Rottweiler, male, vchy 100. Reward. 12/29. Reward. 237-3797; 526-9841.

SMALL Female Dog, light coloring, shaggy hair, black collar. "Poko" on tag. Vic White cliff area, ES. Days 646-2897; evens. 223-4991; 237-1886, ask for Kent.

## FOUND 011

WHITE Samoyan dog, since New Years. Has been in area before. Please call. 235-8905.

SMALL black &amp; white dog, Vic. Cutting &amp; 1/20. 799-3038.

FOUND white cat, male, long hair, young, red collar with rhinestone. 222-1166.

## PERSONALS 025

ARE you making all the money you want? Writer Mr. Bushman Box 2592, Richmond CA 94602.

F.R. Feminist Screening, Abortion Services, Oakland Feminist Women's Health Center, 444-5676. Every Woman's Clinic in Pleasant Hill, 825-7900.

MANICURIST, pedicurist, sculpturist, tips. 1070 Tara Hills Drive, Pinole. 724-8047.

PREGNANT? Need money in UCB nutrition study. Salary 642-7389.

## WOMEN! 035

How much do you know about birth control? How about the cost of a Cervical Cap? Available at 3 Bay Area clinics. For information call 444-5676 or 825-7900.

## BUSINESS PERSONALS

TROUBLED? See Mrs. Foster, Psych. Spiritual Reader, Helper, Advisor. 1823-23rd St., San Pablo. 235-1170.

DIVORCE HELP LOW-COST SERVICE EVES &amp; WKNDS \$40-UP PERSONAL ATTN. 625 San Pablo, Albany 526-5651

SKI &amp; SNOW TRIPS LAKE TAHOE- Ev every Fri., 6 p.m., return Sun., 7 p.m. \$37.50 per person. \$32 per child. In air rooms. All inclusive. Price incs RT. 2 nights &amp; motel lodging. For more info. Call Dino's Inf. 527-2175.

Spiritual Readings I am not a common reader. I do not read cards or books, but through God's gifted spirit gift, I will help give helpful advice to all afraid of life; such as love, marriage, business, health.

Will Give You Days And Numbers!! Will Call Your Friends &amp; Enemies By Name Without Asking a Word!!!

547-9989 \$5.00

## INSTRUCTIONS 045

VOCAL COACHING

Call JILL at 664-0798 or

Victor 548-9725

COMPUTER workshop

for bkkrs. ALSO full

charge bkkpng work

shops. 525-9234.

Train For Switchboard

OPERATOR

Comm pd weekly.

Flexible hours. Albany

shop. 724-2047 evens.

DELIVERY drivers,

cashier counter Job

Finder 547-5627; 673-8181

DENTAL reception-

ist/ass't wanted for

small Berkley dental

office. 4 days week.

Pref. mature, exper.

person. Reply to Box

375, Contra Costa inde-

pendent, 164 Harbour

Way, Richmond, CA.

94801

ACCTS PAYABLE with

retail exper. Min 2 yrs.

Also

GENERAL OFFICE

phones, 10 key, key punch &amp; typing. Send responses

to Box 372, Contra Costa

Independent, 164 Harbour

Way, Richmond, CA.

94801

APT. Resident mpr. 40

units. S.P. Maintenance &amp; light repair. Mature

couple pref. Apt. Plus

salary. Send resume to

Box 373, Contra Costa

Independent, 164 Harbour

Way, Richmond, CA.

94801

Up-Trainees Experienced &amp; Trainees

Exper. Tuesday, January

11at 1688 University Ave.,

Berkeley.

BARBER &amp; Cosmetologist

want-call for ap-

pointment. Sid 237-6063

BOOKKEEPER, F/C for

non-profit agency; 3

years exper. Send re-

sume &amp; salary require-

ment to: 2908 Ellsworth,

Berkeley, Ca. 94705.

BOOKKEEPER, Accr

wt proc. JOBFINDER

547-5627; 673-8181

BOOKKEEPER, 10 key

by touch, A/P, AR,

E/P, Accr, 100% F/T

perm. \$5.50 hr. Contact

Antoinette Walton, bet.

10-11 am. 841-1145

CLERICAL general office

front desk. JOBFINDER

547-5627; 673-8181

HELP WANTED 060

Sales wanted for

Easter. Will train.

Call 236-9310, btwn 12 &amp; 6.

## HELP WANTED 060

CONSTRUCTION, la-

borers, warehouse. JOB-

FINDER 547-5627; 8181

COUNTER person 35 hr/

wk Candy &amp; frozen yog

shop. Mon-Fri. 8-2269

shops. 525-9234.

Cosmetologist, exper.

Comm pd weekly.

Flexible hours. Albany

shop. 724-2047 evens.

DELIVERY drivers,

cashier counter Job

Finder 547-5627; 673-8181

DENTAL reception-

ist/ass't wanted for

small Berkley dental

office. 4 days week.

Pref. mature, exper.

person. Reply to Box

375, Contra Costa inde-

pendent, 164 Harbour

Way, Richmond, CA.

94801

HELP WANTED 060

ACCTS PAYABLE with

retail exper. Min 2 yrs.

Also

GENERAL OFFICE

phones, 10 key, key punch &amp; typing. Send responses

to Box 372, Contra Costa

Independent, 164 Harbour

Way, Richmond, CA.

94801

HELP WANTED 060

Sales wanted for

Easter. Will train.

Call 236-9310, btwn 12 &amp; 6.

## HELP WANTED 060

HAIRSTYLIST

Ass't needed for busy

shop. Excellent training,

salary + comm. Calif. cos-

metology lic. req. For in-

formation call Cut 'N Curl

366-9935.

KEY SECRETARY

CORP HEADQUARTERS

East Bay firm needs

experienced person to handle

switchboard type executive

correspondents. Must be exper. in office, tele-

phone, shorthand &amp; dicta-

tion work. Will include

general office assistance.

Must have own trans.

Send resume to Box 374, Contra Costa inde-

pendent, 164 Harbour

Way, Richmond, CA.

94801

HELP WANTED 060

MANAGEMENT TRAIN-

EE TO \$400 per week.

Call 232-3869 Don Ford

MECHANIC-\$7.00 per hr.

All purpose. Exper only

Days 841-9183

NURSES Assistant

needed for all shifts,

hourly wages, certifica-

tion pref. 1 yr exper.

No Berkeley office.

524-3984 days: 524-2269

or 376-1774 evens/wknds.

DENTAL RECEPTION-

IST with exper. in insur-

ance and Medical.

235-0232

DISH/BUS PERSONS.

Cooks, Call JOBFINDER

547-5627; 673-8181

EXERCISER Instructor.

Exper. for new aerobics

studio in Berk. oak. area.

Call 446-5703.

EXECUTIVE Secretary

for woman of fast grow-

ing company. Must be exper.

Good exper. in office, tele-

phone, shorthand &amp; dicta-

tion work. Must be exper.

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Good exper. in office, tele-

phone, shorthand &amp; dicta-



## Crossword puzzle

ACROSS	46 Gold symbol
1 Principal	48 Game at marbles
5 New Deal	51 Not in
6 project (abbr.)	52 Part of a shoe
8 Send off	56 Husband of Minnehaha
12 Skirt	59 Great Lake
13 Dryas win	60 Kelp (Lat.)
14 Distinctive air	61 Her Majesty's Adam
15 Home of 16 Makes eligible	62 Ointment
18 Father S.E.	63 Unwanted Adam alliance
20 Demand	64 Environs
21 Summer time	65 Colors
22 Laugh syllable	17 Those in office
23 Not difficult	19 Hawaii island
25 Chinese philosophy	24 Charitable organization
28 Back of the foot	25 Which
30 Young woman	26 Air (prefx)
34 Light gas	27 Vegetable
36 Adjuice	29 Measure of spread
37 Greek deity	31 Verdi opera
38 Heavy	32 Columnist's entry
40 Utensil	50 Salary
41 Muzzles	53 Entreat
43 Poetess	54 Republic of Ireland
Lowell	55 Cincinnati ball club (abbr.)
10 Angers	56 Small mass
44 Selives	57 Common adder
1 2 3 4	5 6 7
12	13
15	16 17
18	19 20
22	23 24
25 26 27	28 29
34	35 36
37	38 39
40	41 42
44 45	46 47
48 49 50	51 52 53 54 55
56	57 58
60	61 62
63	64 65

Answer to Previous Puzzles

## PINOLE 635

## LARGE RAFAELA

Rancher with fireplace. Insert: family room, formal dining, kitchen, heat & air, 3 bedrooms, 2 baths, large attached garage. Only \$114,750. 235-8200. #485

## JUST A FEW LEFT

of these lovely custom homes, offering 11.8% interest, 3 bedrooms, 2 baths, views, decking, microwave ovens, 2 story custom homes. 724-3100. #561.

## PRICED TO SELL

Beautiful tri-level, immaculate condition. 4 large bedrooms, formal dining, family room with fireplace, large breakfast areas. Call now: 724-6100. #524.

## Security Pacific

Real Estate Brokerage

## RICHMOND 660

LG. N&E home, 2½ lots, needs work. Priced right. By owner. 234-9318.

SPACIOUS NE 2 bdrm., hdwd flrs., frplc, nice back yard. Below market. \$69,500. 235-9209.

\$52,000. 1922 Roosevelt Ave. Owner Carry w/ 10% down. Int. inc. neg. Tenant occupied. 724-6807.

3 BEDROOMS, 1½ bath, includes this for \$45,000. Richmondean, granite top, avail. Ask for Miguel Sanchez 222-5602; evens 237-8549

BEST N.E. AREA with amenities galore. This sharp home has it all incl: separate workshop. Only \$87,500. Call for details 724-4577

GREAT HOUSE, Great Price, Spac., 2 bdrm in fine N.E. location. Located in Bayview Park. A home just waiting for the right family. Quiet side street. 235-8200. #531

## FHA - VA

Financing on our 3 bdrm, 2 bath, 2 car garage, are ideal for RV. Only \$82,000. MERIDIAN WEST Realty 724-0680

## LITTLE SHACK

Are you looking for a starter home in a good part of Richmond? Try this for \$45,000. 2 bdrm, 1 bath, above 23rd Street, large lot & best of all take over payments with small down. Asking only \$45,000. Call Today!

## DEPOT REALTY

758-9700

## Desperation Sale

4 bdrm, family rm for fixer-upper, \$85,500. Loads of living area-hurry!

## MERIDIAN WEST

Realty 724-0680

## REAL ESTATE

EXCHANGES 715

## TARA HILLS 694

3 bdrm, 2 baths, \$48,500. \$75 down, FHA-GI, 30 yr. 10% down, 10% down loan avail. Principal & int. \$870 mo. Min buyer monthly income \$27.50. ½ mile shopping & free way on ramp. 729-3750

## VIEW!! 841-9060

## EC Nice location 3 bdrm+, dining, garage, etc. \$725, 525-8431

## EC 3 bdrm, 2 car garage, convenient loc. \$650. 236-8609

## ES 4 bdrm, 2 frpacs, 2½ baths, fireplace, appliances. \$750. 529-2084

## ES. completely remodeled, 2 bdrm. \$650. 237-4951

## HERC Immac. 3 bdrm, No pet. 1st, last, dep. \$630. 650-5406. 724-7368

## PT RICH. \$500 mo. Lg. 2 bdrm, AEK, parking, 829-0909. 653-7042

## PT. RICH. 1 bdrm suitable for 1 person. \$335 incl. water, garbage, 222-3178

## PT. Rich. Charm. 2 bdrm, 2 baths, adults no pets. \$610. 841-7140

## RICH 1 bdrm, new hdwd floors, garage, good loc. Avail. Immed. 222-3091. 237-6700

## RICH 1 bdrm, 2 bath, new carpet, water/garage paid. \$650. 236-2161 &amp; Cutline. 234-5443

## RICH 2 bdrm, semi-craft, garage paid. \$735 plus 15% dep. No pet. 634 So. 15th St. 548-4333

## RICH charming 2 bdrm home-fpc, 19th Penn-sylvania. \$375/mo. 526-6966

## RICH 1 large studio with large kitchen &amp; appls. \$230 per mo. 1st, last, deposit. \$27-3223

## RICH/EC 1 bdrm, \$385, \$410; 2 bdrm, \$535-\$550. Lease. 525-3220

## RICH/EC charming 2 bdrm home-fpc, 19th Penn-sylvania. \$375/mo. 526-6966

## RICH/EC studio gets \$265

## RICH Annex studio \$290

## RICH 1 bdrm, sm. doc \$235

## EC dox 1 bdrm laundromat \$255

## RICH 1 bdrm, 2 bath, doc \$255

## RICH

## ORTED CARS 935

66 Herbie needs a new home. Runs good, good for new paint. \$1000/offer. 758-0333

75 SCIROCCO d. economy car, very good. \$3495. Am/Fm. 236-0104

OPEN SUNDAY 12-4

77 Bus: good cond. \$3500

237-2084 or 236-7435

Bug '75, sunroof, 50,000 mi., \$1650. runs good.

00222-3936

69, new brakes, recently rebuilt, auto stick

Body good, needs \$800 offer. 222-1763.

76 Rabbit, sunroof, 30,000 mi., good cond. \$800. 527-3773 eves.

950

76 VW '76 Skyhawk V6, PS, PB, stereo, tilt, new tires. Exclnt. cond. 2475/offer. 655-6747

BUICK '71 Opel 1900 d. cond. 4-spd. steel

drivs, new exhaust. 40 MPG \$750. 223-5247

EV Monte Carlo '75, good cond., auto, P/S, P/W, custom rims. \$1000 offer. 223-9653

EV '77 Monte Carlo 10, PS, alr, new tires, new wheel covers. \$3495. 209. Dlr 236-0104

OPEN SUNDAY 12-4

EV '77 Monte Carlo 10, PS, alr, new tires, new wheel covers. \$3495. 209. Dlr 236-0104

EV '77 CHEVETTE 10, alr, tilt, alr, new tires. \$900. (699) 745-1000

EV '77 Open Sun. 12-4

EV '77 '67 Chevelle. Manual, 4-spd. station wagon. \$700. best offers. 237-6434

EV '77 Cordoba. Good cond. Low mi. All elec. FM stereo. Tires, rims. \$3500/offer. 222-2415

EV '78 Silver

anniversary, new eng. 4-

all leather, like new. \$1000/offer. 383-2107

EV '78 Aspen. PS, P/W, air, excellent condition. \$1800. 235-9209

DODGE '72 Dart, 2 dr, 6

auto, P/S, P/W, 62,000 mi. \$130. 225-1781

DODGE '72 Gran Torino 2dr, 6 cyl. 20000 mi. New car, chrome rims. 799-5172

DODGE '77 Granada Cpe 10, auto, PS, \$2995.

EV '79 DODGE 2000. New car, chrome rims. 799-5172

DODGE '74 Gran Torino 10, 76,000 orig. mi. 150. 758-5626

DODGE '74 '67 Mustang. Tercel, shape, all orig. 3

8 cyl, low miles—

you'll like it! 527-3781

MERC '69 COUGAR. Nic condition. \$900. best offer. 724-3821 after 5

MONTE CARLO '74, \$900. 17 Riviera, \$350; '59 Del, best offer. 222-6241

EV '68 Valiant; new paint, good int., new brakes, 4 dr; 72,000 orig. \$1,200. 848-5446

PLYM '77 DUSTER 2dr, auto, PS, am/fm

radio. A Steel at \$2795. 18061. Dir. 236-0104

OPEN SUNDAY 12-4

DODGE '77 Firebird Esprit 11mcc. 25,000 mi. 4-cyl. New tires. \$5700. 222-7322 aft. 6

EV '76 Firebird, look and runs well. \$2200 best offer. 223-5348

EV '76 Sunbird, am/fm. \$2100. 222-3936

EV NOTICE I-107885

NOTICE OF DEATH OF BAHMAN K. SHAHROKH

AND OF PETITION TO ADMINISTER ESTATE

CASE NUMBER: 60198

SUPERIOR COURT OF CALIFORNIA

COUNTY OF CONTRA COSTA

725 Court Street

P.O. Box 911

Martinez, CA 94553

STATE OF

CAHMAN K. SHAHROKH

DECEDENT

all heirs, beneficiaries, credit

contingent creditors, and per

son who may be otherwise in

lived in the will or estate of

MAN K. SHAHROKH a peti

tion was filed by MARY K.

SHAHROKH in the Superior Court

of California requesting

MARY K. SHAHROKH be ap

pointed as personal representative

to administer the estate of the de

cedent

to the estate under the in

dependent administration of Es

ec. Act.

hearing on the petition will be

on January 27, 1983 at 9:00

in Dept. 14 located at 725

Street, Martinez, CA 94553

YOU OBJECT to the granting

of the petition, you should either

wait at the hearing and state

objections or file written ob

jection with the court before the

hearing. Your appearance may be

required.

YOU ARE A CREDITOR or the de

cedent, you must file your claim

with the court or present it to the

attorney representative appointed

to the court within four months

of the first issuance of

the proposed 50 ft. wide roadway easement as provided in section 700

of the California Probate Code.

The filing of claims will not expire

for four months from the date

of the first issuance of the proposed

50 ft. wide roadway easement.

YOU MAY EXAMINE the file

of the court. If you are a per

son in the estate, you

have a special notice of the filing

of the petition, accounts and

records as described in section 200.5

of the California Probate Code.

THE FILING OF PROBATE PETI

ON

THE COURT

RECEIVED

IN THE COURT

RECEIVED

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# Obituaries

## Joseph

### De Phillips

EL CERRITO — Services for Joseph De Phillips, a longtime local resident, were held last week.

A native of Gary, Ind., Mr. De Phillips died Jan. 6 in a San Pablo hospital. He was 65.

A retired employee of Chevron USA, he was president of the Albany Camera Club and a member of the Lutheran Church of the Cross and SIRS Chapter No. 64. He was a veteran of World War II.

Survivors include his wife, Margaret; two daughters, Sandra Johnsons of Fair Oaks and Michele Chabot of La Mesa; two brothers, Salvatore Di Filippo and August De Phillips; four sisters, Carmella Scelsi, Mildred Taft, Clara Delaney and Mary Jacobsen, and two granddaughters.

The family prefers that memorials be in the form of donations to either the Richmond Hospice, the American Cancer Society or to the Lutheran Church of the Cross.

Ellis-Olson Mortuary handled arrangements for the services.

## John Brassea

EL CERRITO — A Catholic blessing for John B. Brassea was offered last week at Ellis-Olson Mortuary.

A native of Italy and an El Cerrito resident, Mr. Brassea died Jan. 5 in a Berkeley hospital. He was 77.

He is survived by two daughters, Lucy and Nancy Brassea, and a son, Peter, all of Berkeley; three sisters, Theresa Davis of Albany, Jenny Adams of Richmond and Mary De Mattei of El Cerrito; a brother, Anthony Brassea of El Cerrito, and one grandchild.

Burial was private.

## Emma Aspesi

EL CERRITO — Funeral arrangements for Emma Aspesi, a native and lifelong resident of El Cerrito, were held last week.

A sales clerk for 40 years, she died Jan. 6 in a San Pablo hospital. She was 67.

She was a member of Retail Clerks Union No. 1179 of Martinez and the Cerrito Vista Business and Professional Women's Association. She did volunteer work at Brookside Hospital.

Survivors include three sisters, Eva Fara, Louise Cantino and Norma Berutti, all of El Cerrito.

Arrangements were handled by Richmond Funeral Home.

## Pierre Allinio

OAXACA, Mexico — Pierre Allinio, one of West Contra Costa County's most colorful residents whose interests ranged from motorcycles to archaeology, has died here at the age of 73.

A native of San Francisco, Mr. Allinio lived most of his life in El Cerrito before retiring to Oaxaca 12 years ago. He died Dec. 31.

Although he quit school at 15, Allinio was extremely successful in the real estate and insurance sales business after World War II. He spent his early years as an organizer and negotiator for the Painters and Decorators union and went into real estate after that.

His life changed substantially, however, after he took a motorcycle trip into Mexico. He fell in love with the country, its culture and its people, and made nearly annual visits there, often staying three or four months out of the year.

He was appointed by Gov. Edmund "Pat" Brown to the Commission of the Californias, a joint California-Mexico agency that discussed common problems. As a member of the commission he pushed for the road to be built down the Baja Peninsula. He was also the only commission member to be reappointed by Gov. Ronald Reagan when the new administration took over.

He was less successful in convincing people that a statue of St. Francis should be built on Alcatraz Island to welcome incoming travelers, as the Statue of Liberty does in New York.

His love for Mexico included securing citizenship after he retired there permanently.

When home in El Cerrito he spent hours cooking unusual meals seasoned with the herbs he grew in his garden and then inviting his numerous friends over for lunch. He continued this practice in Mexico by building a guest house as part of his retirement home.

His varied interests ran from cooking to archeology, book collecting, guns and hunting. He was also one of the founders of the Cerrito City Club.

Mr. Allinio wore a white beret, carried a cane, and often described himself as a Jeffersonian Democrat. He was a member of the Mensa Society, an organization of people with IQs in the top 2 percent of the general population.

His father Pierre, an aeronautical engineer, was also a well known figure from El Cerrito's early days. The senior Allinio built bi-wing airplanes in his basement, assembled them in his yard and flew them over the flatlands, often taking his young son along for a ride in the cockpit.

Allinio's El Cerrito home was at 1522 Navallier St., a street named after his longtime friend Louie Navallier. Both were French; Louie was known in the community as Big Frog, Allinio as Little Frog.

Allinio is survived by two sisters, one of whom lives in Arizona and the other in San Diego.

## E.L. Caprasecca

EL CERRITO — Funeral services for Elmer L. Caprasecca, a longtime local resident and pipefitter, were held last week at Ellis-Olson Mortuary.

A native of Stockton, Mr. Caprasecca lived in El Cerrito and died Jan. 4 in San Pablo. He was 71.

He was a member of SIRS.

Survivors include his wife, Vera of El Cerrito; his sons, Allen, of Sacramento, and Lester, of Albany; his mother, Helga Kepford of Oakland; brothers William and Raymond; a sister, Thelma Osborn; and four grandchildren.

Entombment was at Sunset View Mausoleum.

## Jack G. Forrest

ALBANY — Services for longtime local resident Jack G. Forrest were held recently at Ellis-Olson Mortuary.

A native of Chariton, Iowa, Mr. Forrest died Jan. 4 at his home. He was 57.

Mr. Forrest was employed as an independent distributor for the Clover Dairy Co.

He was a member of Tonganoxie Methodist Church of Kansas; Duran Lodge No. 268, F and A.M., and A and A Scottish Rite of Free Masons, both of Kansas.

He is survived by his wife, Elsie; a daughter, Linda E. Zaffiro of Benicia; two sons, Jack Gary Forrest of Vacaville and Mark Morgan Forrest of Albany; a sister, Maxine Richmond of Kansas, and three grandchildren.

Burial was at Sunset View Cemetery.

## Martin Coyne

ALBANY — Funeral service were held last week for longtime local resident Martin H. Coyne. A native of County Galway, Ireland, Mr. Coyne, a gardener, died Dec. 31 at the age of 68.

Survivors include his wife, Catherine of Albany; his daughters, Mary C. Jones of Benicia, Geraldine A. Amaral of Petaluma, Belinda M. Curtaz of Albany; a son, Philip Coyne of San Pablo; and four grandchildren.

Burial was at St. Joseph Cemetery in San Pablo. Arrangements were handled by Ellis-Olson Mortuary.

The family prefers remembrances to the American Cancer Society.

## Thelma Rumsey

EL CERRITO — Funeral services for Thelma Winifred Rumsey, a local resident for the past year, were held recently.

A native of Bells Grayson County, Texas, Mrs. Rumsey died in a San Pablo hospital Jan. 2. She was 83.

A housewife, she was a member of the Senior Citizens Center of San Pablo. She was a lifetime member of Leader Methodist

Church of Colorado.

Survivors include two daughters, Vera Bates of El Cerrito and Marie Aerts of Longmont, Colo.; a son, John Rumsey Jr. of Auburn, Wash.; 10 grandchildren; and six great-grandchildren.

Burial was at Rose Lawn Cemetery, Pueblo, Colo. Arrangements were handled by Kratzer Mortuaries, San Pablo.

## Stephen Lehmer

EL CERRITO — Private family services have

been held for Stephen Lehmer, a 42-year local resident and for 30 years a music teacher at Albany High School.

Born and raised in Berkeley, Mr. Lehmer died Dec. 30 in a Richmond hospital. He was 76.

Mr. Lehmer retired from teaching in 1970 as a choral director and head of the music department after developing the Albany High School music program from a group of 15 singers and eight instrumentalists to a wide-ranging program in-

volving some 300 students.

He was music director at the First Presbyterian Church of Richmond from 1952-67, before that serving in the same capacity at Berkeley's Epworth Methodist Church from 1944-46 and Northbrae Community Church from 1946-52.

From 1930-37 he was a featured baritone with the San Francisco Chamber Opera Co., singing such roles as Ford in Verdi's "Falstaff," Figaro in Mozart's "Marriage of Figaro" and Dr. Miracle in Offenbach's "Tales of Hoffmann." He also was a prominent soloist at St. Ignatius, St. Bridget's and Mission Dolores churches in San Francisco.

A 1930 graduate of UC-

Berkeley, he received his teaching credential from San Francisco State University in 1937 and obtained his master's degree in 1947 at Mills College, where he studied under noted French composer Darius Milhaud.

He was a member of the Amphion Club and SIRS.

Mr. Lehmer is survived by his wife, Merle Scott Lehmer; a daughter, Sharon Lehmer Gustavson of San Francisco; a son, Norman Scott Lehmer of Alaska; a brother, Derrick Henry Lehmer of Berkeley; two sisters, Helen Lehmer Blake of North Carolina and Alice Lehmer Coffee of Albany; his son-in-law, Charles F. Gustavson of San Francisco, and

four granddaughters.

The family requests that contributions be made to the Variety Club Blind Babies' Foundation, 544 Golden Gate Ave., San Francisco, CA, 94102.

Ellis-Olson Mortuary handled arrangements for the services.

## Minnie Alpegene

ALBANY — Funeral services were held last week at St. Jerome's Church in El Cerrito for Minnie M. Alpegene, a 64-year local resident and homemaker who died here Dec. 30. She was 91.

A native of Biwabik, Minn., Mrs. Alpegene lived in Albany and was a

past member of the Druids of Albany. Survivors include son, Albert Alpegene of Cerrito; her daughter Evelyn C. Wallenbany; five grandchildren and seven great-grandchildren.

Burial was in St. Jerome Cemetery, San Pablo.

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